

Nutritionists on Long Island

Nancy Mazarin is a Nutrition Consultant with a private practice in Great Neck, Long Island. She has a master's degree from Columbia University and is a Registered Dietitian. Once credentialed, she opened her practice to the Long Island Community. She has practical every day solutions from over 30 years of working with Long Island health professionals and patients and a full spectrum of medical conditions.



Whether Long Islanders are facing medical challenges, weight management issues, or simply wish to improve your health and well-being, the benefits of personalized nutrition counseling cannot be underestimated. Every patient has unique dietary issues specific to them. Nancy works with each individual to identify these factors and help guide them to achieve their goals. She has established her reputation on Long Island as an expert in nutrition therapy by helping patients achieve years of lasting results.

Nancy Mazarin is a Registered Dietitian (RD) and Certified Nutritional Specialist (CNS) with a Master's Degree in Nutrition from Columbia University. She is also a Certified Dietitian Nutritionist (CDN) in the State of New York.

Nancy's career path has always been in the science field, starting as a researcher at the Albert Einstein College of Medicine. Her love of science, combined with her interest in nutrition, eventually led her to pursue her Master's Degree. In her endeavors, Nancy has worked as a medical nutrition consultant for Long Island hospitals and physicians, taught college-level courses and reviewed scholarly nutrition education articles.

Medical Nutrition Therapy

Food is the fuel for your body and the cornerstone of your health. When you face medical issues that challenge your well-being, proper nutrition can be a powerful tool to restore your health. Medical Nutrition Therapy is an essential part of your comprehensive health care, enabling you to optimize health and well being.

Patients with medical issues are usually referred to Nancy by Long Island physicians or hospitals. Nancy works with your doctor using an integrative approach to understand your medical needs. She translates research into practice and develops an intervention plan.

At the initial consultation, Nancy evaluates your medical history, diet, habits, and lifestyle to determine when, where and how to modify your nutrition plan to achieve lifelong health.

Your customized eating program will include:

- Nutrition Education
- A personalized meal plan that incorporates simplicity and flexibility
- Recommendations for specific foods and patterns of food choices to
- match your unique health needs

Weight Management & Weight Loss

Reaching and maintaining a healthy weight is a challenge for many people.

You will find many one-size-fits-all weight loss programs on Long island — but these are unrealistic, rarely result in sustained weight maintenance, and can be detrimental to good health. True weight loss success comes from incorporating sustainable changes in eating and behavior into your daily routine.

Your initial consultation with Nancy will allow her to assess: your dietary and weight loss needs; your current eating practices; your home, work and social environment; and identify what areas need improvement and where good choices and habits already exist.

Healthier food choices informed by sound nutrition information combined with with positive behavior changes will guide you to your optimal weight and health.

Your action plan will:

- Set realistic and sustainable goals
- Analyze your dietary needs
- Get to the root of your food issues
- Provide a variety of strategies to promote behavior change
- Include foods you like and changes you can live with
- Educate you about shopping, cooking and dining out
- Address relapse prevention and weight maintenance
- Allow you to enjoy your food . . . and your life

For more information please visit <http://www.mazarinrd.com>